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## REFUGEE CRISIS, POST-ELECTION

metroNEWS



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# \$6.1B

### Additional debt load

The approximate additional per capita debt load the new deficit creates for every Albertan — and it will likely repeat itself in the March 2016 budget.

### Hefty deficit

The province will run a \$6.1-billion deficit in this year's budget. Projections show the province's debt will be more than \$36 billion by 2018. Some peg it higher at \$47 billion.

## NDP budget awash in red

### ECONOMY

### Government aims to protect vital services, employment



**Ryan  
Tumilty**  
Metro | Edmonton

Alberta will borrow — just to keep the lights on — for the first time in more than two decades as the province runs a \$6.1-billion deficit in the NDP's first budget.

Finance Minister Joe Ceci said the government wanted to protect the hospitals and schools Albertans rely on and didn't want to add to unemployment.

"In these economic times, we want to keep front-line services strong. We don't want to fire thousands of nurses," he said.

The last time the province borrowed for operating expenses,

es, like salaries, was 1994, but Ceci said Albertans would understand the need this time.

"I think Albertans will continue to be proud that we are building a province that will take us far beyond this recession," he said.

Wildrose Leader Brian Jean said the budget marked a worrying transition.

"For the first time in a generation, our government, the people of Alberta, will borrow to cover day-to-day expenses," he said.

The red ink does not stop with this year's budget, as the government is projecting a \$5.4-billion deficit in 2016-2017, \$4.4 billion in 2017-2018 and \$2.1 billion in 2018-2019. The government would return to surplus in 2020 under the NDP plan.

Jean said even those targets are unrealistic because the NDP is banking on a huge growth in revenue.

"The NDP's first budget is a complete fantasy," he said.

### Rainy day fund

The amount of money that will be left in the province's contingency account (rainy-day fund) after another deficit expected in the March 2016 budget.

### Frozen tuition costs

The expected tuition increases for post-secondary students as the government follows through on promises to freeze the cost of higher education.

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## IN BRIEF

### Taxi driver dies after crash at airport

Mounties believe a medical episode resulted in a taxi driver's death after he crashed his vehicle into the Edmonton International Airport on Tuesday morning.

RCMP responded to the single-vehicle collision just before 2 a.m. at the airport, where a taxi cab had driven into the Airport Taxi feeder building.

The building and vehicle were both damaged extensively. RCMP smashed out a window to reach the 56-year-old taxi driver, who was found to be in distress. Police began CPR on the man, who was taken to hospital, where he was pronounced dead. Information collected from the taxi's dash camera indicates the collision happened as a result of medical distress.

The man's name will not be released.

ANDREA ROSS/METRO

### Recount gets underway in Edmonton Mill Woods

The recount in Edmonton Mill Woods started Tuesday.

On the weekend, the recount was ordered in the riding, which Liberal Amarjeet Sohi won by 79 votes over Conservative Tim Uppal.

Recounts are mandatory if the difference between the first- and second-place candidates is less than one one-thousandth of the votes cast. Uppal's lawyer told Metro his client requested the recount.

THE CANADIAN PRESS, WITH FILES FROM METRO



Tu Le from Jack's Burger Shack is one of a dozen men from Edmonton's food industry who have posed for a calendar in support of the Edmonton Food Bank. COURTESY DETOUR PHOTOGRAPHY

# Culinary pros steam up charity calendar

## EDMONTON FOOD BANK

### Creators aim to double last year's success



**Andrea Ross**  
Metro | Edmonton

Local chefs and food producers are giving firefighters a run for their money with a sexy charity calendar for the Edmonton

Food Bank.

Back for its second year, the Sexy Men of YEG calendar will be released on Nov. 5 and features some of the most distinguished gentlemen of the city's culinary scene.

Sales of the calendar raised almost \$10,000 last year for the Edmonton Food Bank. It was so popular it sold out all 1,000 copies before even going to print, calendar co-founder and ACME Meat Market owner Corey Meyer said.

"It started off really small, and we didn't think it would be as

popular as it was," Meyer said. "We just couldn't keep up, so this year we had to ramp it up a little bit."

Meyer and Prairie Mill Bread Co. baker Owen Petersen dreamed up the idea more than a year ago when Petersen found a vintage pinup calendar while cleaning his establishment.

"We jokingly said, 'Wouldn't it be funny if we did one with guys here in Edmonton in the food industry?'" Meyer said. "It was a perfect match for the food bank, and all the guys have a

good sense of humour."

Following last year's success, they received 19 applications for models this year. Men who made the cut include Joshua Disanayake from North 53, Levi Biddlecombe from Attila The HUNgry and Addie Raghavan from The Cheesiry.

They've printed 2,000 copies this year, Meyer said, and their goal is to double last year's success. The Sexy Men of YEG calendar will be available for \$20 online at YEGsexy.com and at participating retailers.

## COUNCIL

### Oshry seeks cost of talking to public



**Ryan Tumilty**  
Metro | Edmonton

Coun. Michael Oshry wants citizens to feel heard but wonders what the cost of all that talking is.

Oshry put forward a notice of motion at last week's council meeting asking for the costs in staff time and consultants for all of the city's public-consultation work.

"Public consultation is all good, but like everything else it doesn't come free. And so there is a huge cost, when it comes to staff time and other resources," he said.

Oshry said he's noticed this council appears to want fulsome public consultation on all matters and he is worried about the costs.

He said he's also concerned about delays in major projects that can come if the city gets hung up on trying to please a narrow interest group.

Coun. Michael Walters, who is overseeing council's public-engagement initiative, said it's not about how much consultation gets done but how well.

"The truth is that we haven't done it either early enough or the right kind and we have confused people," he said.

Walters said he understands some of what Oshry is saying but feels the bigger cost for the city is not enough consultation.

"We have learned that the real cost issues are ... associated with not doing right in the first place, because then we have to redo it."

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## 4

## THINGS THAT WILL COST YOU MORE

Alberta's first NDP budget comes with a few cost increases. If you smoke, drink or ride trains, read on.

RYAN TUMILTY METRO

## 1 Train fuel

Few Albertans will have to pay this charge for trains directly, but the government is boosting the tax for train diesel to mirror increases already made to regular gas and other types of diesel earlier this year.

## 2 Smokes

In addition to the increase announced by the former Prentice government in March, the NDP is boosting tobacco taxes by \$5 per carton of cigarettes — a change that came into effect at midnight last night.



Alberta Finance Minister Joe Ceci speaks during a press conference prior to the official release of the 2015 provincial budget in Edmonton on Tuesday. THE CANADIAN PRESS

## 3 Booze

The liquor markup the province charges will go up 5 per cent. This comes on top of a 10 per cent increase introduced in March. The government says the markup is also being refined according to the government to better promote Alberta products.

## 4 Insurance

A 1 per cent tax on insurance premiums will come into effect next April.

## MUNICIPALITIES

## Budget works for Iveson

Edmonton Mayor Don Iveson said Tuesday's budget includes "modest" investment for cities but is nonetheless encouraging.

The budget includes a continuation of the Green Trip programs, which will invest nearly \$1 billion over the next five years — and an additional \$330 million — for transit programs.

The province also announced an additional \$100 million boost Tuesday to the Municipal Sustainability initiative, which funds city infrastructure projects.

Iveson said municipalities need all the money they can get.

"I think some of the specific investments of money around local government are modest, but encouraging," he said. "We certainly have a list of things we can put that towards and create jobs in the process."

Newly appointed Municipal Affairs Minister Danielle Larivee said the government is listening to cities, including to Edmonton.

"We heard loud and clear from municipalities that they wanted that stable and predictable funding."

RYAN TUMILTY

WITH FILES FROM BRAEDEN JONES

## ELECTION PROMISES

## Education gets growth funding in budget



On Tuesday, the NDP honoured its election promises to keep up with growing classrooms by committing to hire more teachers and support staff.

The budget includes steady increases to the education budget over the next three years, allowing the province to hire 380 teachers and 150 more staff.

Education Minister David Eggen said the money injection was needed, regardless of the financial state of the province.

"Even in an economic downturn we are going to make sure every student is getting a high-quality education," he said.

The education budget will continue to grow over the next three years, which Eggen said was important for boards.

"We put in long-term stable

funding for the next three years. So, for the first time in a very long time school boards can know where their funding level will be."

Edmonton Public School Board chair Michael Janz said he's happy, because despite the economic downturn, students are flocking to the board's schools.

"Our district continues to grow and this is a major pressure for us," he said.

Edmonton Catholic Board chair Marilyn Bergstra echoed those sentiments.

"I am really pleased that they acknowledged that education is the single most important investment they can make."



Some of the specific investments of money around local government are modest, but encouraging. We certainly have a list of things we can put that towards and create jobs.

Mayor Don Iveson

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# Budget 2015

In need of repair, Edmonton's Royal Alexandra and Misericordia hospitals to receive \$10 million for planning for each facility over next five years



AHS has estimates for a complete transformation of the Royal Alexandra Hospital that pegs the cost at \$4.5 billion over 16 years. The NDP did not allocate any construction dollars to the project in Tuesday's budget. METRO FILE



Edmonton's Royal Alexandra and Misericordia hospitals could wait five years for a financial lifeline as the NDP's first provincial budget offers few new dollars for their repair.

Both institutions badly need help — a point the NDP made repeatedly as the Opposition and, when it comes to the Misericordia, promised to change while campaigning earlier this year.

But Tuesday's budget allocates just \$10 million for planning for each facility, spread over the next five years.

Alberta Health Services' own review underlines that problems at the Misericordia, "interfere with patient care and lead to daily crisis management."

Over at the Royal Alexandra, recently released AHS es-

timates peg upgrades at \$4.5 billion, for a rebuild that would take 16 years to complete.

Meanwhile, the budget gives the Calgary Cancer Centre \$830 million over the next five years.

The new money will allow Calgary's centre to open in 2024, four years behind its hoped-for schedule.

## Planning first

When it comes to Edmonton's hospitals, Finance Minister Joe Ceci said \$4.4 billion of the new budget's capital spending hasn't been allocated, "because we want to put it through a lens of what's needed."

Health Minister Sarah Hoffman added that both Edmonton facilities are valued but the government needs more planning to make sure it's spending wisely.

But PC MLA Manmeet Bhul-

lar said if the government had a strong commitment to either hospital, they'd have invested.

"If these projects are a priority they need to make them a priority in the budget and in the capital plan," he said.

Bhullar added the \$4.4 billion in unallocated capital dollars is a political tool.

"When they put out \$4.4 billion, essentially a slush fund, for infrastructure projects, without any idea where it is going, what that allows is for them to promise that money to everybody."

## Operating spend

The government is boosting health-care operating spending by 6 per cent this year, 4 per cent the year after and 2 per cent in 2017-2018, by which point spending will be \$20.9 billion.

“

**If these projects are a priority they need to make them a priority.**

PC MLA  
Manmeet Bhullar

Hoffman said that's what Albertans asked for.

"We are doing what Albertans voted for — they want stability, they want to make sure they have a government investing in health care."

But, Hoffman said, over the long-term, Alberta can't afford constant growth in health-care spending.

"We have been seeing a greater cost curve in Alberta than any other province," she said. "We need to bend the cost curve, but we are not going to do that at the cost of confidence in the system."

**2,000**

Alberta intends to staff 2,000 new long-term care spaces over the next four years at a cost of \$120 million.

**\$10M**

The province will spend \$10 million per year over the next three years for a mental health strategy.

**\$90M**

The government will spend \$90 million on an expanded homecare system over the next three years.

**\$20.9B**

The health budget will amount to \$20.9 billion by 2017-2018 under the NDP budget.



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# Police call weekend death a homicide



**Andrea Ross**  
Metro | Edmonton

Edmonton police say a woman found dead in the city's northwest over the weekend was a victim of homicide.

An autopsy completed Tuesday confirmed Patricia Roach, 54, died of homicide. Her cause of death has not yet been released.

Police first declared the woman's death as suspicious after being called by EMS

around 4 p.m. on Saturday to the area of 130 Avenue and 123 Street.

A forensics team and several officers remained at the scene on Sunday and had a bungalow at 13028 123A Street cordoned off with police tape.

Neighbour Mike Giesinger said the whole neighbourhood noticed when police arrived with at least ten cars Saturday afternoon.

He said two men came out of

the bungalow and were taken away by police later on. Police

have not identified any suspects or sworn any charges.

Giesinger said the neighbourhood was a quiet one and he always had pleasant interactions with the woman who lived in the

# 18

**Roach's homicide is Edmonton's 18th of 2015.**

home.

This is Edmonton's 18th homicide of 2015.

WITH FILES FROM RYAN TUMILTY

## IN BRIEF

### Crime spree leads to 143 charges

Four people are facing a combined 143 charges after a two-week crime spree across the city.

The Edmonton Police Service said the charges against two adults and two youth came after an investigation into 18 break-and-enters and vehicle theft-related incidents in early October.

The four individuals charged are accused of breaking into vehicles in residential neighbourhoods

across the city. Once inside the vehicles, they would open garage doors with the remote openers. In some instances, they would allegedly steal more vehicles found at some of the homes, and would continue the cycle of break and enters after finding more keys in the homes.

The homeowners sometimes left the connecting door from the residence to the garage unlocked, providing the opportunity for the alleged thieves to access their homes while they

slept, Acting Det. Trevor McKendrick said in a release.

Kristopher Prasad, 19, is facing 63 charges including break-and-enter, theft and assault with a weapon.

Benjamin Pittman, 18, is facing 24 charges including break-and-enter, theft and possession of a weapon.

The two other suspects are underage and cannot be identified under the Youth Criminal Justice Act. One youth is facing 24 charges, the other is facing eight.

ANDREA ROSS/METRO EDMONTON



**One MLA is calling for student trustees on school boards while the lone board to have one isn't renewing the position.** METRO FILE

# Board looks again at student trustees

## EDUCATION

### Two of seven public school members backed idea



**Braeden Jones**  
Metro | Edmonton

On his first day in the legislature Monday, new MLA Thomas Dang proposed the government encourage student participation on school boards — even though the only board ever to have such a trustee cancelled theirs earlier this year.

On Monday, Dang said student trustees could help increase dialogue, student engagement in board policy and even educate students about democratic governance.

His words echoed those of Edmonton Public Schools, when they introduced the province's first "student trustee" last year.

A June report on the student trustee said the young board member was meant to "promote meaningful youth

engagement and voice," along with working with the district's student advisory council and completing a "district legacy course" on student leadership.

The student trustee attended meetings, provided reports and participated in the legacy course.

According to the report, the trustee pilot cost approximately \$6,500, for the election of the trustee and her ongoing role over a year, as well as a \$2,000 honorarium.

It also cost roughly \$55,000 in staff time to work with the student trustee.

When surveyed, only two of seven full-time board trustees said the student trustee "is a valuable use of District resources."

Meanwhile, a survey of 17 students yielded very different results: 16 of 17 respondents "agreed or strongly agreed that the role of student trustee should be continued by the board of trustees in some con-

text."

The school board opted instead to revisit the position after receiving the report on June 23.

Without the student trustee, Edmonton Public School spokeswoman Raquel Maurier said "there's a process happening this year that will guide the board on how to continue receiving student input."

One option, according to the report, is that the legacy course "provided for easier access, more synergy and greater diversity in respect to genuine student voice."

The report concludes the board should work with the legacy course

teachers "in developing system-wide student engagement processes and a governance model that enables students across Edmonton Public Schools to have a meaningful voice in public education."

A report on that process is expected in February 2016.

# “

**There's a process happening this year that will guide the board on how to continue receiving student input.**

Raquel Maurier

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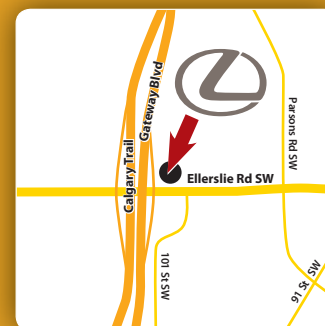
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## AFFORDABLE HOUSING

# Mixed-income plan could 'prime pump'



**Braeden Jones**  
Metro | Edmonton

Several forms of affordable housing in Edmonton are at risk if the federal government doesn't reinvest, according to a report delivered to the city's executive committee Tuesday. But a planned pilot project for Londonderry on a site managed by Capital Region Housing Corporation may be the answer to sustainable, nearly self-funded affordable housing.

Federal money for about 11,600 social-housing units in Edmonton is set to expire as early as 2022, and most will end by 2034, according to the report. That means seniors housing, non-profit housing, rent supplement housing and community housing are all in jeopardy.

Mayor Don Iveson said replacing the aging 80-unit Londonderry building north of 144 Avenue on 72 Street with

"more density, for a mixture of different incomes" could create sustainable, affordable housing.

If it works there, "we can duplicate it over and over again on some of these older sites that are becoming run down, reaching the end of their life, and need not just renovations but real reconstruction," he said.

Administration is asking for \$990,000 in the next city budget for planning, but Iveson said money from the provincial and federal government "is needed in order to prime the pump" and get the project moving.



**These older sites ... need not just renovations but real reconstruction**

Mayor Don Iveson

## UBERX

# Associated Cabs blasts city in letter



**Helen Pike**  
Metro | Calgary

Associated Cabs has sent a legal letter to the City of Calgary accusing them of not enforcing bylaws against UberX — a move that echoes many of the reactions the ride-share company has prompted in Edmonton.

On Monday, a letter addressed to those in the Taxi and Limousine Advisory Committee and Livery Transport Services demanded the city bylaw, which UberX breaks, be enforced or else Associated will take "what-

ever steps it can" to ensure the industry operates under a "common regulatory scheme."

"Associated should not have the burden of reminding TLAC and the City that section 60 of the Taxi bylaw contains a complete bar on the operation of taxi and limousine services unless the operators of those services (including UberX, which is operating as a broker and UberX drivers) are properly licensed," the letter says.

A Calgary spokesperson said they are using a "multifaceted approach" to enforce the bylaws but would not discuss details.



Eskimos offensive lineman Alex Krausnick, centre, was diagnosed with testicular cancer in 2013. CONTRIBUTED/DALE MACMILLAN

# Early diagnosis key to testicular cancer

## HEALTH

## CFL player's lucky escape turns him into a spokesman



**Andrea Ross**  
Metro | Edmonton

Had it not been for his wife's persistence, Alex Krausnik probably wouldn't have gone to the doctor.

It was January 2013 and the Edmonton Eskimos offensive lineman was in pain, but thought he'd

wait a while and tough it out.

But after that first trip to the doctor, he was diagnosed with testicular cancer and had two tumours removed — all by the end of the month.

Almost two years later, the 26-year-old is talking about his diagnosis in hopes it will help other men catch the disease early.

"You just never know what's going to happen and you never know if it's going to happen to yourself," Krausnik said. "The best way to beat this disease is early detection, and I was lucky enough to find it in time."

Krausnik has taken on the role of national spokesman for Testicular Cancer Canada to dis-



**No one else is going to do it for you.**

Alex Krausnik,  
Edmonton Eskimos

cuss why men need to take their health seriously.

The disease most often occurs in men from age 20 to 39, the organization notes. It's also the commonest form of cancer in men between 15 and 34.

Many symptoms of the disease can be vague and mild, but can include pain or swelling in the

testicles, back pain or shortness of breath.

Getting treatment as early as possible is crucial, Krausnik said. "It can strike as early as 14 or 15 years old, and growing up, I was never told to check myself," he said.

Krausnik is currently in remission and gets checked by a doctor twice a year for any signs of recurrence. He and his wife now have a 19-month-old daughter, Callie, a blessing he said might not have happened had he not caught his cancer in time.

"Life's been good the last two years," he said. "But men should check themselves ... because no one else is going to do it for you."

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# Logistics defy refugee vow

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise to bring 25,000 government-sponsored Syrian refugees to Canada by year-end.



**Michael Woods**  
Metro | Ottawa

When the Syrian refugee crisis seized the federal election campaign in early September, Justin Trudeau's proposal was arguably the most ambitious of the party leaders: He promised the Liberals would bring 25,000 government-sponsored Syrian refugees to Canada by the end of the year.

Refugee experts and advocates now say while that target is laudable, resettling them all by the end of the year would be logistically difficult.

"We don't think the government should get too hung up on making sure that it happens by the end of the year," said Janet Dench, executive director of the Canadian Council for Refugees. "It's better to take a few extra weeks and get it right than to rush just to meet an arbitrary deadline."

The Syrian conflict has displaced 11 million people since 2011, 4 million of which have fled beyond Syria's borders.

The United Nations High Commissioner for Refugees, upon which Canada relies for refugee referrals, is overwhelmed by applications and hasn't been able to refer refugees to Canada in significant numbers.

Once refugees are referred to Canadian authorities, they have to go through criminal, medical and security checks.



Refugees who came from Croatia wait in the border town of Rigonce, Slovenia, on Tuesday. Many are seeking higher living standards away from conflict cross the Croatia-Slovenia border on their way into Europe. STIPE MAVIC/ANADOLU AGENCY/GETTY IMAGES

## Trudeau PROMISES TRACKER

### PART III

- GENDER PARITY
- TAXATION
- **REFUGEES**
- CLIMATE
- INDIGENOUS WOMEN

Then there's the matter of actually bringing them here.

Transportation arrangements, reception, accommodations, English or French lessons, bank accounts — all this work is done through the co-ordination of various levels of

government, non-government organizations and community groups.

Upping Canada's intake can

be done faster, but it shouldn't be rushed to meet a year-end deadline, experts said.

"We have really expert people on the ground that can do all this, but they need some lead time," said Naomi Alboim, chair of the Policy Forum at Queen's University's School of Policy Studies, and a former Ontario deputy minister of immigration. "A matter of weeks is not sufficient lead time to turn an operation like this on a dime."

Alboim helped oversee Canada's resettlement of Indo-Chinese boat people over two

years in 1979 and 1980. That well co-ordinated effort saw Canada take in 60,000 people over two years.

The Syrian crisis presents new challenges. For example, the Indochinese refugees were mostly in camps. But most Syrian refugees aren't in camps and are thus harder to find and process.

"The Syrians are living in fields and barns and base-ments, and there's no organizational infrastructure for the refugees, and some environments are not terribly secure," Alboim said. "A visa officer

can't walk down the street and say, 'Any Syrian refugees want to come to Canada? Line up here.'"

**No one is suggesting we should put aside security in order to (bring in refugees).**

Prime minister-designate Justin Trudeau, in Halifax in September

The Canadian Council for Refugees, in an open letter to Trudeau, recommended he convene a national meeting involving all orders of government and other groups to plan Canada's resettlement of Syrian refugees. It also asked him to introduce flexible measures, such as temporary resident permits, for Syrians with family already in Canada.

Instead of processing them overseas, "it's basically an evacuation program. You just bring them to Canada and you do the processing here if they wish to apply for permanent residence," Dench said.

Measures the Conservative government took during the campaign will also make a difference. Syrians and Iraqis fleeing conflict no longer have to prove they're refugees under UN rules, but will be presumed to be refugees by Canadian authorities.

"That will expedite the process very significantly," Alboim said.

She added that Canada has also increased the number of visa officers in Beirut to 15 and has appointed two well-respected, veteran bureaucrats to co-ordinate the process in the civil service.



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**IN BRIEF****Fords tanked Harper's campaign: Pollster**

The Ford brothers' cameo in Stephen Harper's election campaign drove potential voters away from the Conservative Party more than the Duffy trial did, exit polling has found.

"It was clearly a mistake to be seen with the Fords," pollster Greg Lyle told Metro on Tuesday. "It didn't really rally the base, it pushed away swing voters. Not a good move."

Among the Conservative's swing voters, Harper's appearance at an Oct. 17 event organized by Rob and Doug Ford earned a net score of -33 per cent.

JESSICA SMITH CROSS/METRO

**Court to decide fate of indigenous school records**

Ontario's top court today begins hearing a dispute over what to do with sensitive records from Indian residential schools.

The records are of the stories told by thousands of survivors who sought compensation for sexual and other abuse.

In August last year, a judge said the material should be kept 15 years and then destroyed.

Justice Murray Sinclair, who headed the Truth and Reconciliation Commission, said his concern is that the stories of what went on in the schools will be lost forever if the "rich trove" of documents is destroyed as Justice Paul Perell ordered.

THE CANADIAN PRESS



The bow of the Leviathan II, a whale-watching boat owned by Jamie's Whaling Station carrying 24 passengers and three crew members that capsized on Sunday, is seen near Vargas Island as it waits to be towed into Tofino, B.C., Tuesday for inspection. CHAD HIPOLITO/THE CANADIAN PRESS.



A memorial is set with candles and flowers at the First St. dock. CHAD HIPOLITO/THE CANADIAN PRESS PHOTO



A sea lion jumps out of the water near a life raft used on the whale-watching boat Leviathan II, near Tofino, B.C. CHAD HIPOLITO/THE CANADIAN PRESS

# 'Tragedy beyond belief'

**LEVIATHAN II**

## Victims of ship sinking mourned as mystery probed

A woman whose father died when a whale-watching vessel sank off the B.C. coast posted a poignant eulogy on Facebook Tuesday, calling his death "a tragedy beyond belief."

Michele Slater Brown, of Milton, posted an emotional message about her late father, Jack Slater, 76, a British national living in Toronto who died Sunday along with four other British citizens. A 27-year-old Australian man is still missing.

"Our hearts are broken today, our father was one of the people who lost their lives on the whale watching tragedy in Tofino," the Facebook message read.

"I will miss him forever,

but I'm grateful for all the times I spent with him. I love you dad."

She had earlier updated her profile picture to be an image of her father. Underneath, she wrote: "I'm so sorry he had to die in this way. It's a tragedy beyond belief. I'm proud of who he was and who he created. My sisters are strong and we will continue to live our lives, always with him in our minds and hearts."

The other British victims

were identified Tuesday as Nigel Hooker, 63, from Southampton; David Thomas, 50, and his 17-year-old son Stephen, from Swindon, and Katie Taylor, 29, a British national living in Whistler, B.C.

In total, 24 passengers and three crew were on board the MV Leviathan II, according to a Facebook post from Jamie's Whaling Station, the boat tour company. Twenty-one people were rescued.

TORSTAR NEWS SERVICE

**+ SAFETY****Investigation ongoing into capsized vessel**

The whale-watching ship that sank off Vancouver Island and is now at the centre of multiple investigations was inspected annually since 1998. Leviathan II had about 50 adult life jackets, 20 children's life jackets and three life rafts. THE CANADIAN PRESS

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# CFR 42



**NOVEMBER 11-15**

**NORTHLANDS  
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# EU risking credibility

BRUSSELS

## Nations lashed for slow action on pledges

The European Union appealed to member countries Tuesday to deliver on promises to deal with the refugee crisis, warning that the EU's credibility is at stake.

More than 600,000 people have entered Europe by land and sea this year seeking sanctuary or jobs, overwhelming border authorities and reception facilities. More than 3,000 have died.

In response, EU leaders promised to share refugees from Italy and Greece, boost spending and send police, border guards and experts to help register arrivals.

But so far actions have not matched the speeches.

"The gap between the pledges and what is on the table must be reduced, otherwise we are

losing all kinds of credibility," European Commission President Jean-Claude Juncker told EU lawmakers.

"Nine member states have let us know that they can soon relocate 700 people," Juncker said. "But let's not forget that we have a decision to relocate 160,000 refugees in need of international protection."

The EU's border agency Frontex has appealed for 775 experts to help register, screen and fingerprint people, but so far almost half that number has been pledged.

"Half is not enough, we need more," said Juncker, warning that funding and experts are "crucially essential if we want operational decisions to be implemented."

The Commission has now earmarked almost 10 billion euros (\$11 billion) for spending on migration policy this year and next. THE ASSOCIATED PRESS



A Syrian mother hugs her children after arriving in Greece.

THE ASSOCIATED PRESS

INTERNATIONAL AID

## UN pleads for help for 3.5M Syrians

The United Nations said Tuesday the worsening conflict in Syria has left 13.5 million people in need of aid and some form of protection, including more than six million children.

U.N. humanitarian chief Stephen O'Brien told the Security Council that the figure represents an increase of some 1.2 million people in just 10 months, and with winter fast approaching the situation for many families is likely to deteriorate.

"This is one of the largest displacement crises of modern times," he said. "Fighting and violence has forced over half of the people in Syria from their homes in a period of just over four years, many of them multiple times."

O'Brien said there are now some 6.5 million people displaced inside Syria, including well over 1.2 million so far this year and over 120,000 who have fled their homes in the country's north since early October as a result of aerial bombardment and ground offensives. Russia's aerial campaign in support of Syrian President Bashar Assad's government has enabled government troops to launch a new campaign in the north.

O'Brien said 4.2 million Syrians have fled the country, including an increasing number risking dangerous boat trips to reach Europe. He said over 50 per cent of the 680,000 people arriving in Europe via the Mediterranean in 2015 are Syrian.

THE ASSOCIATED PRESS

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**IN BRIEF****Deer walks into hospital ER after being hit by a car**

A deer apparently hit by a car brought itself to a Rochester, N.Y. hospital. The deer walked through the automatic doors at the entrance to Strong Memorial Hospital's emergency room late Monday afternoon and made it 20 feet down a corridor before being corralled. Two sheriff's deputies happened to be there and, with hospital public safety officers, strapped the deer to

a gurney and wheeled it out to the parking lot. One of the deputies put down the deer.

THE ASSOCIATED PRESS

**Police pull over hearse, find coffin full of caviar**

Police in Russia's far east stopped a speeding hearse — to find half a ton of caviar stashed inside, hidden under the wreaths lying next to a casket and inside the otherwise empty casket. The driver and his partner told police

they'd been hired by a man allegedly to take the casket with the body of a female relative to a city morgue. Police are considering charges for illegal production and distribution of caviar, which is strictly regulated in Russia.

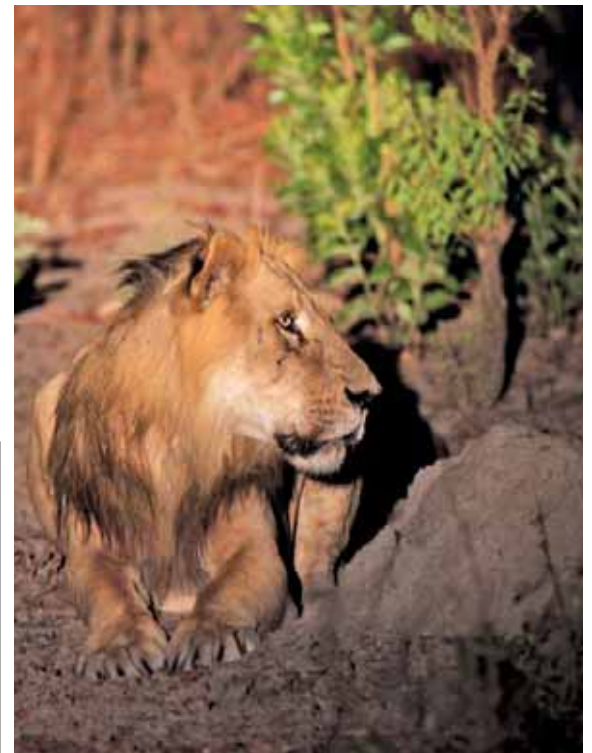
THE ASSOCIATED PRESS

**Witch charges warlock with harassment**

Lori Sforza, 75, who runs a Salem, Mass., witchcraft shop and leads a pagan

church, filed for court-ordered protection against harassment from former business partner Christian Day, 45, whose website calls him the "world's best-known warlock." Sforza accused Day of harassing her online and by phone. A judge is scheduled to hear the case on Wednesday to decide whether Sforza's allegations amount to harassment and if she needs court protection.

THE ASSOCIATED PRESS



**AFRICA LIONS DECLINING** A lion on the prowl in Senegal's Niokolo-Koba National Park. This image, captured by Philipp Henschel of the New York-based research group Panthera, is a rare sighting that may become rarer still, as research published Monday shows sharp declines in nearly all lion populations in West and Central Africa. It says both regions could lose half their lions within the next two decades.

PHILIPP HENSCHEL/PANTHERA VIA THE ASSOCIATED PRESS

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## Quake zone getting relief

**AFGHANISTAN, PAKISTAN**

### Responders go on foot to most remote areas as toll rises

As the death toll in the massive earthquake that struck the remote Hindu Kush mountains soared above 300, officials on both sides of the Afghan-Pakistan border warned on Tuesday that casualty figures will likely leap once relief workers return from villages so remote they can only be accessed on foot or by donkey.

Rescuers in both countries were struggling to reach quake-stricken regions as officials said the combined death toll from Monday's earthquake rose to 376.

Authorities said 258 people died in Pakistan and 115 in Afghanistan in the magnitude-7.5 quake, which was centred in Afghanistan's sparsely populated Badakhshan province that borders Pakistan, Tajikistan and China. Three people died on

the Indian side of the disputed region of Kashmir.

The earthquake, with its epicentre close to the Badakhshan district of Jarm, damaged many of the few existing roads, officials said. Dropping aid by air will be the only way to reach many of the needy, but those operations were not likely to start for many days until survey teams on foot return and report on the damage.

The Pakistani town closest to the epicentre is Chitral.

Monday's quake shook buildings in the capital, Islamabad, and cities elsewhere in Pakistan and Afghanistan for up to 45 seconds in the early afternoon, creating cracks in walls and causing blackouts.

The earthquake destroyed more than 7,600 homes across Afghanistan and injured 558 people. Badakhshan Gov. Shah Waliullah Adeeb said more than 1,500 houses there were either destroyed or partially destroyed.

Food and other essentials were ready to go, he said, but "getting there is not easy."

THE ASSOCIATED PRESS





Roots co-founders with their new partners at the flagship store in Toronto on Tuesday: from left, Roots co-founder Michael Budman, Searchlight co-founders Erol Uzumeri and Eric Zinterhofer, and Roots co-founder Don Green. CNW GROUP/ROOTS CANADA LTD.

# Brand is expected to stick to its Roots

## RETAIL

**Strong ties to Canada good for company, observer says**



**Jessica Smith Cross**  
Metro | Toronto

The sale of a majority stake in Toronto-based Roots Canada to an international private equity firm will help spread Canadiana around the world, one expert says.

David Soberman, a marketing professor at University of Toronto's Rotman School of Management, said Roots has become associated with Canadian Olympic gear. But, otherwise, it's been very dormant. "One of the things that brands need to do is create excitement from time to time," Soberman said.

The acquisition by Searchlight Capital is expected to help create that excitement. Exactly how that will happen remains to be seen. Officials with Roots declined interviews Tuesday, the day after the sale was announced.

But having the brand square-

**“If you get successful enough and others want to buy you or buy what you are, that's actually a vote of confidence.”**

David Soberman

ly associated with Canada works in the company's favour, Soberman said.

"Canada's image worldwide is pretty good," he said. "We're

non-threatening and seen as welcoming, these are positives, and we have this image of being quite natural and wildlife and all that — those are things that people like."

Even though Searchlight Capital is an international company, Roots will remain based here and its brand is expected to remain much the same.

"Brands are really created through their heritage and the experience people have with them," said Soberman. "If you get successful enough and others want to buy you or buy what you are, that's actually a vote of confidence."

## BORDER SECURITY

# Sneaky snowbirds to get wings clipped

Snowbirds beware: The federal government will use its planned border exit-tracking system to avoid paying hundreds of millions of dollars in social benefits now going to people who shouldn't receive them due to absences from Canada.

Newly obtained memos say the Canada Revenue Agency and Employment and Social Development Canada expect to save between about \$194 million and \$319 million over five years once the long-anticipated

system is fully in place.

Under the 2011 perimeter security pact, Canada and the United States agreed to set up co-ordinated systems to track entry and exit information.

The first two phases were limited to foreign nationals and permanent residents, but not citizens of either country.

The initiative was to be expanded by June 30 of last year to include information-sharing on all travellers crossing the land border.

THE CANADIAN PRESS

## market minute

	<b>DOLLAR</b> 75.38¢ (-0.59¢)
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	<b>GOLD</b> \$1,165.80 US (-40¢)

**NATURAL GAS:** \$2.092 US (+3.0¢)  
**DOW JONES:** 17,581.43 (-41.62)

## IN BRIEF

### Tim Hortons' profit grows

New menu items at Tim Hortons — like the grilled breakfast wrap and Creamy Chocolate Chill drink — gave its owner a boost in the third quarter. Restaurant Brands International reported Tuesday that its profit grew to \$49.6 million US in the quarter. THE CANADIAN PRESS

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## URBAN ETIQUETTE ELLEN VANSTONE



**THE QUESTION**  
**My cubicle is beside a co-worker I really like. But he has really bad B.O. It has been worse lately because his fiancée broke up with him. He smells like he has not showered for a while. Should I say something?**

Dear Ellen,  
 I work in an office. My cubicle is right beside a co-worker who I really like and think of as a valuable work friend, but he has very bad B.O. It has been worse lately because his fiancée broke up with him. He smells like he has not showered for a while. He also smells like he is smoking and drinking a lot. And he even has a bad cat smell on him, like he got sprayed by a tomcat or something. Seriously, one day my eyes were actually stinging and I had to keep getting up and pretend to get coffee, etc.

Should I say something to him?

Raya, Calgary

Dear Raya,

Strictly speaking, it is not good manners to tell a co-worker that they literally stink. But if you're working with someone who reeks of rancid perfume or who repeatedly skips showering after a hard workout at the gym, you are perfectly entitled to speak up. If they are reasonable individuals who respect their co-workers, they probably don't even realize they're giving offence, and all it will take is a private, tactful word to solve the problem. If, on the other hand, they are arrogant, boorish idiots who don't care how offensively smelly they are, you can take the problem to human resources or a manager and hope that works.

In a case as extreme as this one, however, either approach might be dangerous — for you as well as your co-worker. Judging by your description, romantic rejection has pushed him close to the edge. If he feels attacked by HR or a manager about his personal hygiene, it could send him right over it.

And if he's bearing any repressed anger toward his

ex, no amount of tact on your part is going to make criticism of his current state acceptable. Think about it: He's falling apart because one woman seems to have deemed him subpar as a life mate. Now he's at work, perhaps the last place he feels safe, and another woman walks up and deems him subpar as a workmate.

This doesn't mean you have to suffer in silence. It just means you have to find another way to deal with it.

The first step is to blame the cat. If your eyes are stinging, and you give them a little rub so they look even redder, and if you can manage a stifled sneeze or two, you can tell your friend you have a severe cat allergy. Usually it's not a problem (you can

explain), but maybe lately his naughty cat has been sleeping on his clothes and leaving a lot of dander that now seems to be floating around the office? It's more likely your friend is passing out drunk and fully clothed each night in the filthy, hairy cat bed, then coming to work in the same outfit, but you don't need him to admit this. Your question just needs to remind him what's happening, and this may be enough to inspire him to start changing his clothes once in a while, which is a good start to the odour problem.

Admittedly, this step will be a little tricky if you own one or more cats yourself, and you have pictures of them all over your desk. But the fact is, some breeds are worse than

others when it comes to dander, so it's worth a try.

The second step is to address your friend's mental state rather than his physical state. Rather than comment on his appearance or avoid him altogether, take him out for a coffee and tell him he's seeming a bit rough these days psychologically. Ask how he's coping with the breakup, and tell him you're always there if he wants to talk.

It may take a bit of effort, but sometimes good manners do. And if your support can pull him out of his downward spiral and eventually get him to take a shower, it'll be a win-win for you both.

**Need advice?**  
**Email Ellen:**

scene@metronews.ca



Ani Castillo

## ROSEMARY WESTWOOD

metroview

### Thanks to Ai Weiwei, Lego can't build a politics-proof brand

You know it as a synonym for your childhood.

Now, consider Lego: enemy of Ai Weiwei.

The star Chinese artist has never been one to go gently. And despite accusations he's softened his stance on the Communist government (he said they now have "a basis of trust" after authorities dropped his travel ban), Ai is going hard on the maker of colourful building blocks.

And for Lego, it's lose-lose.

In September, the company refused to sell an Australian museum a bulk order of Lego — Ai's chosen material for an upcoming show.

Lego's reason, according to Ai and later confirmed by a spokesman: "They cannot approve the use of Legos for political works."

That alone doesn't seem to have sparked the artist's outrage. Ai only posted about the put-down after the announcement of a Legoland amusement park to be built in Shanghai. He accused Lego of censorship and discrimination. He drew connections to its corporate interests in China, and its refusal to help the country's most famous dissident.

And Ai's fans — a bona fide international force — responded. They're donating Lego in Beijing, Melbourne and Berlin. Ai has "decided to make a new work to defend freedom of speech and 'political art,'" he wrote on

Instagram.

Lego has been taking heat on Twitter, and offered a contradictory and unconvincing response: "We respect everyone's right to creative expression, we don't censor, prohibit/ban creative use of LEGO bricks." Anyone can buy as many bricks as they want, the company wrote, "We just can't offer direct bulk purchases to facilitate such projects. We hope this helps to explain things!"

Despite the "I" — no, Lego, it doesn't. "Just can't" isn't a lucid corporate policy — it's teenage speak for "don't wanna." And as Ai pointed out, the refusal gives plastic blocks far too much credit.

Lego reportedly pleased China (a lucrative market), earning praise from state-run media. But that doesn't make this a Lego win.

With his godlike pop-culture status, his global reach and compulsive use of Twitter and Instagram, Ai, himself is a force to be reckoned with. He could damage the innocence of Lego's brand. Chinese authorities make or break a Legoland project in Shanghai, but Ai's influence spans the globe. Everything that touches him turns political. And no one and nothing that touches him can stay out of it.

"The Internet is like my canvas," he told the New York Times. And whether Lego likes it or not, Ai will use its toys, and take to its brand with his brush.

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## RECIPE EXCERPT CHICKEN WINGS: 70 UNBEATABLE RECIPES FOR FRIED, BAKED AND GRILLED WINGS, PLUS SIDES AND DRINKS



Chicken Wings: 70 unbeatable recipes for fried, baked and grilled wings, plus sides and drinks by Carol Hilker is the perfect go-to recipe book for game night, but with 70 recipes, it'll serve well in a variety of entertaining scenarios.

The book contains everything from classic glazes to lighter fare, taking the humble chicken wing to the next culinary level.

Popular in the Southern states, Cola Wings are baked and covered with a cola-based BBQ-style sauce and go great with waffles.

CHICKEN WINGS BY CAROL HILKER, PHOTOGRAPHY BY TOBY SCOTT, IS PUBLISHED BY RYLAND, PETERS & SMALL. \$29.95

# Southern-style Cola Wings

- 4 lbs. chicken wings, halved at the joints, tips removed
- 2 cups brown sugar (light or dark)
- 2 cans of cola or root beer
- 3 onions, chopped
- 2 shallots, finely chopped
- 4 garlic cloves, finely chopped
- 4 Tbsp soy sauce
- 1/4 tsp freshly ground black pepper
- pinch of salt
- 2 tsp cornflour

Preheat the oven to 180 C. In a medium bowl, combine the brown sugar, cola, onions, shallots, garlic, soy sauce, pepper and salt.

Place wings in a large casserole dish. Pour over the cola mixture. Bake for 1 1/2 – 2 hours or until the juices run clear when the thickest part is pierced to the bone. Turn the wings occasionally during cooking, to ensure they do not burn or brown too much. Remove the wings from the dish and set aside.

Pour the soda mixture in a small saucepan and heat. Place the cornflour in a bowl, add some of the warm sauce, and mix to form a loose paste. Pour this back into the pan with remaining sauce and cook over a low-medium heat until the sauce has thickened to the desired consistency. Toss wings in sauce and serve.

**SERVES 4-6**  
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# The sandwich that saved my life

## NEW COOKBOOK

### Ruth Reichl's generous take on the classic grilled cheese

Recipes, to Ruth Reichl, are conversations, not lectures. A good cookbook "is one that has voice." A great cookbook is "one that makes you want to cook."

Here's the curious catch. Reichl, the much-loved former restaurant critic who ran Gourmet magazine until it was abruptly shut down, doesn't like how our fascination with chefs has made us feel intimidated in the kitchen.

"I feel strongly that we've terrified people out of cooking," she declares. We've turned cooking into a performance, but "if you've enjoyed yourself in the kitchen, you haven't failed."

On the second page of her new book, *My Kitchen Year: 136 Recipes That Saved My Life*, Reichl owns the truth that her knife skills are pathetic.

In Toronto to promote the book last week, she visited the Torstar test kitchen and asked to make The Diva of Grilled Cheese, a recipe full of alliums that must be finely chopped.

And chop them she did, thoughtfully, without swagger.



TORSTAR NEWS SERVICE

Green onions. White onions. Red onions. Leeks. She's hardly pathetic, but she's no chef.

Reichl considers three loaves of sourdough bread — one uncut and from a bakery, two from the supermarket and cut to different thicknesses. She wants to work with all three.

"See? I can't even slice bread," she muses when the too-fresh loaf gives her trouble.

Presented with four white

cheddar cheeses, she nibbles away and picks a two-year-old one from Quebec

"Any cheese will actually do," she graciously allows, before tasting a fifth option — Balderson's smoked cheddar. It's new to

her and something she's keen to experiment with, mindful that "it could be awful."

In her upstate New York country home, she cooks to music, usually the Blues, or sometimes to an audio book. Cooking is a



medi-  
tation  
that cen-  
tres her.

Reichl is 67. Those who've followed her story will want to know that her television news producer husband Michael Singer is 75 and working on a documentary. Their current cats are named ZaZa and Cielo. Their son Nick, 26, is studying film at grad school and living in their Upper West Side apartment. When you think of Reichl now, you most likely remember that moment in October 2009 when you heard that

Condé Nast was closing Gourmet magazine immediately.

It was even more shocking for Reichl. She was in Seattle promoting the Gourmet Today cookbook when she was recalled to New York for an urgent meeting. She didn't see it coming.

She lost her decade-long job as editor-in-chief along with her identity and sense of purpose.

She had previously spent more than two decades as restaurant critic, namely for the Los Angeles Times and New York Times. She was 61. Engulfed by feelings of failure, fear and inadequacy, she entered "the land of grief."

She had nowhere to go, so she went to the kitchen and opened the fridge. Cooking became her lifeline. She found a community on Twitter, where she is known for her haiku-like tweets.

Six months after Gourmet's closure the former travel editor Bill Sertl asked how she was faring without an expense account. It dawned on Reichl that after 32 years eating out on expense accounts, she was happier in the kitchen than in fancy restaurants. Maybe, Sertl suggested, she should write a cookbook.

She lovingly calls *My Kitchen Year* her "accidental cookbook."

Here's a surprise twist — she hates writing. "I do. I do," she admits. "I don't know very many writers that don't. I hate writing. I love cooking." TORSTAR NEWS SERVICE

## RECIPE THE DIVA OF GRILLED CHEESE SANDWICHES

Adapted from *My Kitchen Year*, where Ruth Reichl writes loosely and poetically about making this grilled cheese for lunch after spotting a gorgeous male moose from her home's window during her first rural winter.

"I've tightened everything up, but urge you to use this formal recipe only as a starting point. Experiment with aged or smoked cheddar and know

that the size of your loaf may change the amounts," Reichl says about the recipe.

### Ingredients

- Your choice of alliums (shallots, leeks, green onions, red/yellow/white/sweet onions)
- 1 small clove garlic, minced
- 3-3/4 cups (925 mL) loosely packed, grated cheddar cheese
- 6 slices (1/2-inch/1-cm thick) sourdough bread

- Unsalted butter, at room temperature
- Mayonnaise

### Directions

Gather your preferred combination of alliums and finely chop into small heap on large cutting board. You need about 1 cup (250 mL). Add garlic and 3 cups (750 mL) cheddar. Toss gently to combine. Butter 1 side of each bread slice right to edges. Heap as

much cheesy onion mixture as possible on top of 3 slices, butter sides facing in.

Pat mixture firmly but leave it in a generous mound. Top each portion with second slice bread, butter side facing in.

Spread thin layer mayo on outside of sandwich (both sides) to help prevent scorching.

Press 1/4 cup (60 mL) grated cheddar on outside of each sandwich so when it cooks

it will create a "crisp and shaggy" crust.

Heat non-stick griddle over 350F (180C) or large, non-stick skillet over medium.

Add sandwiches.

Cook about 4 minutes per side, pressing down lightly by hand and flipping with rubber spatula, until nicely browned.

Transfer to cutting board. Let stand 1 minute before slicing in half. Makes 3.

ADAPTED FROM MY KITCHEN YEAR



Ruth Reichl makes The Diva of Grilled Cheese at the Torstar test kitchen. TORSTAR NEWS SERVICE

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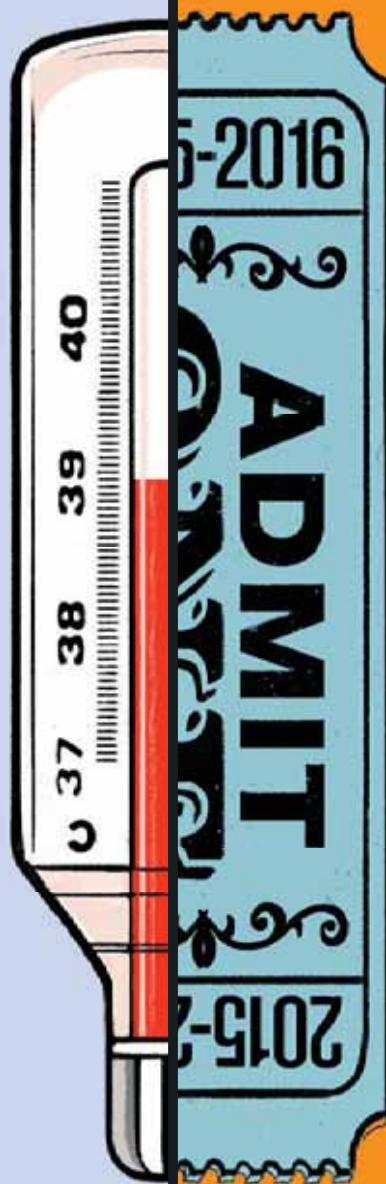
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# Party smartly this Halloween

## HEALTH AND SAFETY

### Take health scares out of Halloween with these tips

**Eva Kis**  
Metro | New York



Halloween night's scares should all be in good fun. We've got the ingredients for making the celebration a little less frightful.

#### Keep an eye on the clock

Daylight Saving Time ends at 1 a.m. on Nov. 1, which seems like a good thing — an extra hour on the hardest partying night of the year is the best treat, right?

Maybe. It's easy to let the night take you where it wants, but you could end up getting sick from drinking longer than normal, or being tired enough to fall asleep on your way home on the subway, bus or cab.

While you do have Sunday to sleep off bad decisions, Monday

morning will be a lot less cruel if you turn down at your usual 3 a.m., rather than when the clock says it's 3 a.m.

#### Rethink trick-or-treating

You don't have to give up Halloween's most hallowed tradition. If going to a club or other big event isn't your speed, organize your own party. The cocktails are easy — a little cranberry juice and anything is bloody; swap the tequila for mezcal and you've got instant smoke and spice; and instead of setting out bowls of candy, ask everyone to bring a home-baked treat. Set up all the pans and plates on various tables and surfaces around your home, and you've got adult trick-or-treating.

#### Be careful with coloured contacts

Don't make a decision on Halloween that you could regret forever. A recent study out of Japan found that several brands of non-prescription costume contacts contained chlorine and other harmful chemicals, likely from the dyes used on the lenses.

Contacts that don't fit your



The clocks turn back one hour on the night of Halloween, which may impact your party choices — for better or for worse. ISTOCK

eyes can also scratch the cornea, which can cause infection and blindness. Get a prescription from an ophthalmologist, or find a different accessory.

#### Get home safely

If you're walking home and feel unsafe but can't rely on

calling someone, there's an app that will let a friend virtually walk with you. Tell the Companion app (free, iOS and Android) your destination, and it can ping one of your contacts and send them a link to track you on a map.

If anything happens — you

make a wrong turn, start running or the headphones are pulled out of the jack — the app turns the phone into a personal alarm system with loud sounds to scare off criminals and can even call 911. The person at the other end of the app also gets an alert.

## FOOD BRIEFS

### Baked, flavoured Kit Kat bars? Give me a break

Trick-or-treating may not be a widespread practice in Japan, though it's not for lack of tooth-rotting sweets.

Just in time for Halloween, Nestle has introduced bite-sized versions of some of its unusual varieties of Japanese Kit Kat bars, including sweet potato and pumpkin pudding. The flavours are strange, sure — though Kit Kat has also produced apple, edamame and wasabi versions. But what's intriguing is that you're encouraged to bake these bars before eating.

When the Kit Kats are baked at 350 F, just long enough for the tops to turn brown but not burn, they resemble something like crunchy, fresh-baked cookies, though not quite as satisfying. And while the pumpkin pudding-flavoured bars do offer a hint of pumpkin flavour, there were no discernible sweet potato notes in the other batch, whether eaten hot or cold.

TORSTAR NEWS SERVICE

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NORTHLANDS  
EVENT



# Well-rounded diet is key, as always



A diet high in vegetables is important when it comes to your health. iStock

## WORD OF MOUTH

### Eating high quality foods and mostly veg still best advice

**Theresa Albert**  
For Metro Canada



You knew it was coming: the news that bacon is carcinogenic along with its processed meat brethren of deli meats, smoked meats and hot dogs.

This week, the World Health Organization rocked your lunch world by placing processed meats in the highest carcinogen category (where cigarettes and asbestos reside) and cooked red meat in the second-highest (probable carcinogen) category.

Let's just be clear, this is not news. It is the confirmation of widely suspected information based upon the latest gathering of scientists with research to share with the endorsement of the respected World Health Organization.

Nothing has changed. The information is telling you that consuming these foods puts you at increased risk of cancers particularly of the colon. It does not say that biting into that sandwich will cause cancer.

To reduce your risk you (still) need to:

- Eat mostly vegetables.
- Consume high vitamin C fruits and vegetables with any smoked, cured, processed or cooked meat to mitigate the risk.
- If you are going to enjoy processed meats, you need to

choose the best in class with the highest quality, lowest sugar, lowest salt amounts. One or two slices will be better (on many levels beyond carcinogenic concerns) than a sky high pile.

- If you are going to consume red meats (which this recommendation assessed as beef, mutton, pork, lamb, horse or goat), use low temperature, braised or stewed methods of cooking. High temperature direct pan frying or grilling creates more carcinogens.
- Reduce your overall amount of meat as low as possible. There are still protein, B vitamin and zinc nutrients that are beneficial and difficult to obtain elsewhere.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

## LIQUID ASSETS

### Pumpkin: Not just for lattes

**Peter Rockwell**  
For Metro Canada



If you're a coffee fan you don't need a calendar; all you have to do is check out the chalkboard at your local café, or big box bean grinder, for the announcement that both fall, and pumpkin spice lattes, have arrived.

Think baristas are out of their gourd mixing pumpkin meat with their brew? Beer makers across Canada are doing the same. Just walk the

craft beer aisles of your local liquor store.

Liqueur producers, who have never met a flavouring agent they couldn't work with, are also piecing together tipples with output from the veggie patch.

Starting with its original recipe of rum and Mexican-grown coffee beans, Kahlúa's Limited Edition Pumpkin Spice Liqueur (\$14.99-\$16.95) gets its autumn flavours on by adding pumpkin and other seasonal ingredients to the blend.

Drinking much like you

would expect, it's a tasty way to add some punch to a martini or, if you're dressing up as The Dude from *The Big Lebowski* this Halloween, your obligatory White Russian.

Prices reflect the range across the country. Some products may not be available in all provinces.



**Rose Reisman EAT THIS**

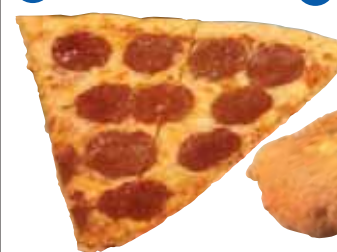
You know you're going to eat fast, so next time choose this not that

## THIS WEEK: Pizza Pizza

Is there any type of food more beloved than Italian-inspired? With basic ingredients including tomato sauce and cheese, how can you go wrong? Pizza Pizza is a popular option for Canadians, with over 28 million pizza orders

a year. Italian-inspired food fans will also love the classic panzerotti, a mouth-watering variation — think of an entire enclosed pizza stuffed with cheese, pepperoni and sauce. While a panzerotti may just seem like a pizza rolled up, it packs a lot more onto your waistline.

### ✓ PICK THIS



### Pepperoni & Cheese Pizza (2 slices)

**Calories** 480  
**Fat** 16 g  
**Saturated fats** 8 g  
**Sodium** 1100 mg  
**Carbohydrates** 66 g  
**Cholesterol** 60 mg  
**Sodium** 1100 mg

### ✗ SKIP THIS



### Cheese and Pepperoni Panzerotti

**Calories** 1160  
**Fat** 40 g  
**Saturated fats** 20 g  
**Carbohydrates** 138 g  
**Cholesterol** 120 mg  
**Sodium** 2340 mg

### = HERE'S WHY



### The fat equivalent of four servings of Penne Bolognese

While both items are made of dough, tomato sauce, pepperoni and cheese, the panzerotti is close to double the weight. The stats suggest only eating half a panzerotti, but as you are served a whole one, you'll most likely devour the entire thing! So that's double the dough, cheese and pepperoni. You're getting half your daily calories and fat and more than a day's worth of sodium. You could eat the equivalent of four servings of Penne Bolognese in fat. Mamma Mia!

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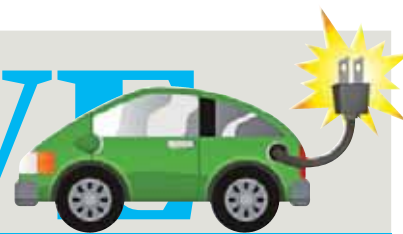
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## Scion scores with iM model



### REVIEW

### Youth-targeted Scion is not the most powerful but affordable

**Jil McIntosh**  
For Metro Canada



pedal hard. Still, it builds its speed smoothly under normal driving, feels substantial, and is stable at highway speeds. It includes hill start assist, which holds the brakes for a couple of seconds on an incline, a great feature for those who are relatively new to a manual transmission (and even for those who have been driving one for a while).

The list of standard features includes a backup camera, dual-zone automatic climate control, eight airbags, cruise control, touchscreen stereo, and a 60/40 rear seat that folds flat for more cargo space.

Oddly, though, while you do get power-folding mirrors, there are no heated seats, a major omission for a car that needs to get through a Canadian winter. Scion says it may eventually offer them as a dealer-installed option.

The interior is nicely finished and the cabin is roomy, with front seats that were more supportive than I expected, and good rear legroom for the car's size.

The ride is smooth, the car handles well, and it's very quiet, thanks in part to an acoustic windshield. If you liked your Toyota Matrix — or your Pontiac Vibe, the GM version of it — then this might be the replacement you've been looking for.

If you miss your Toyota Matrix, Scion has a car for you. As Toyota's entry-level and youth-oriented brand, Scion's past offerings have primarily been offbeat and inexpensive, but they could also feel cheap and tinny.

Now there's the iM, a hatchback that's priced like a Scion but feels more upscale than what you pay for it. In this case, it's \$21,165 with a six-speed manual, or \$21,990 with an automatic continuously variable transmission (CVT). As per Scion's pricing structure, it comes in a single trim line, although you can add a few dealer accessories such as a premium sound system or navigation.

The engine is a 1.8-litre four-cylinder that isn't the most powerful in the segment, and you will have to plan your passing manoeuvres, since it's slow to respond when you hit the

### THE CHECKLIST | 2016 SCION iM

#### THE BASICS

**Type.** Four-door, five-passenger compact hatchback  
**Engine (hp/torque).** 1.8-litre four-cylinder (137/126)  
**Transmissions.** 6-speed manual or CVT  
**Price.** \$21,165 (manual); \$21,990 (CVT)

#### COOL FEATURES

- Four-wheel disc brakes
- Rearview camera
- Cargo cover
- USB port and Bluetooth connectivity
- Driver's knee and passenger seat airbags
- Heated mirrors with integrated turn signals
- Keyless entry



JIL MCINTOSH/FOR METRO

#### POINTS

- The iM was named the Best Budget Car by the Women's World Car of the Year (disclosure: I'm a judge).
- The iM's price is higher than its competitors' base price, but it includes items that are extra-charge on others.
- Toyota expects that by next year, the iM will make up 56 per cent of all Scion sales.

#### MARKET POSITION

Scion hasn't been a huge hit so far in Canada, and the company is moving it ahead by trimming slow-selling models, adding 50 new dealers, and rebranding it as "Scion by Toyota."

### THE COMPETITION



**Honda Fit**  
Base price: \$14,730



**Hyundai Elantra GT**  
Base price: \$18,549



**Ford Fiesta**  
Base price: \$15,399

“There are no heated seats, a major omission for a car that needs to get through a Canadian winter.”

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# Ford engineers turning it up to 11

## MORE AND MORE GEARS

### 10-, 11-speed transmissions in Ford's future

Ford has made a patent filing for an 11-speed automatic transmission, in three variations with differing combinations of gears, clutches and brakes. The company had already confirmed plans to launch an all-new 10-speed transmission in its aluminum-bodied F-150 pickup truck in 2016. Along with direct fuel injection, lightweight construction and downsized engines fitted with turbocharging, advanced transmissions are helping automakers meet ever-tightening corporate average fuel economy standards without resorting to electric and hybrid powertrains. To date, Ford's 10-speed automatic has only been confirmed for the 2017 F-150 Raptor high-performance truck (pictured), but should eventually spread across the rest of the F-150 truck lineup.



**THE GREEN ANGLE**  
Metro's weekly picks for the latest in environmental news

## + SURVEY

### Most EV drivers say they'll be lifers

A new survey by Ford suggests that nine out of 10 electric-car drivers will not go back to cars with internal-combustion engines.

Ford polled 10,000 drivers of battery-electric and plug-in hybrids. Ninety-two per cent of battery-electric drivers and 94 per cent of plug-in hybrid drivers plan to buy another electrified car as their next vehicle.

Stephanie Janczak, Ford's manager of electric-vehicle infrastructure and technology, told alternate-energy news website CleanTechnica that most current drivers of all-electric cars said they would stay electric, while plug-in hybrid owners were more inclined to consider switching to an all-electric. The driving experience and an appreciation of clean technology were cited as the main reasons for staying electric, she said.

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## FUEL-EFFICIENT CAR

### Sedan in the works for the 2017 Mirage lineup

After skating through the 2016 model year unchanged, Mitsubishi's frugal Mirage subcompact will be refreshed early next year as a 2017 model. Car and Driver magazine reports the updated Mirage will likely get a redesign of its frontal styling that ties it more visually to the redesigned 2016 Mitsubishi Outlander tall wagon.

Also for 2017, the five-door hatchback Mirage (current model pictured) reportedly will be joined by a four-door sedan, giving it a lineup to rival its main contenders, the Ford Fiesta and Hyundai Accent.



TEXT AND IMAGES BY WHEELBASE MEDIA

## CASH UP FRONT

### State offers EV rebates to accelerate sales

Connecticut wants to teach the rest of the United States how to sell electric and plug-in hybrid vehicles, reports Automotive News. In May, it became the first state to offer cash-on-the-hood rebates for electric vehicles and plug-in hybrids such as the Chevrolet Volt (pictured),

Ford C-Max Energi and Nissan Leaf. The Connecticut Hydrogen and Electric Automobile Purchase Rebate program sets aside \$1 million US for rebates from \$750 to \$3,000 per electrified vehicle, on top of a \$2,500 to \$7,500 federal tax credit already in existence.





# Bond movies still gunnin' it in style

## AUTOPILOT

### Her Majesty's Secret Service always good for cool rides and smash-ups

**Mike Goetz**  
For Metro Canada



The new James Bond flick, *Spectre*, gets released next week in Canada and — spoiler alert — there is a car chase at some point.

But I guess a James Bond film without a car chase is like a Harry Potter film without pointy hats, or a Nicholas Cage film without over-acting.

The big car chase and resultant smash-up takes place on the streets of Rome and Vatican City and cost a reported \$48 million, more than 10 per cent of the film's \$403-million overall budget. So it's probably a pretty good car chase and smash-up.

Bond's ride is an Aston Martin DB10. You can't walk into an Aston Martin dealership and

drive away with a DB10. Aston Martin unveiled a concept car earlier this year called DB10, to show the styling direction for the next generation of Aston Martins, particularly the coming successor to the current DB9 production car. Analysts speculate the DB9 successor will be called a DB11, making the DB10 pretty much a Bond thing.

Aston Martin made 10 examples for the film, obviously specially modified for all the movie hijinks. As part of a new agreement between Mercedes-Benz and Aston Martin, the DB11 is expected to use versions of the German automaker's powertrains, but the Bond DB10s are equipped with the English automaker's current V8 and six-speed manual transmission.

In the trailer we see Bond, played again by Daniel Craig, meeting his government-issue Aston Martin DB10 for the first time. He gets the walk-around from Q, played by Ben Whishaw, who re-



**The Jaguar C-X75, seen above with actress Naomie Harris, has a pivotal role in the new 007 film *Spectre*. Left: The Aston-Martin and Bond (in this case played by Pierce Brosnan) is an iconic combination.** JAGUAR; LEFT: ASTON MARTIN



in 1964's *Goldfinger*. That DB5 was famously fitted with injector seat, machine guns, tire slashers, rotating licence plate, bulletproof glass and what-not, and became the archetypical super-agent screen car.

In the new movie's big chase scene, Mr. Hinx, a high-ranking *SPECTRE* member and super-assassin, pursues Bond with an equally rare and exciting beast — a Jaguar C-X75.

The Jaguar C-X75 is also strictly a concept car, debuting with four electric motors, and two micro-turbine engines exclusively for charging the battery pack. While the Hinx C-X75 movie car stays faithful to the concept's styling, underneath is a racecar chassis and Jaguar's super-charged 5.0-litre V8.

While I'm generally indifferent to product placement in movies, I can really get behind the product placement that you see with all the vehicles in Bond movies. Especially when you get the double-whammy of seeing cool and exclusive vehicles in high action, and then also get to see some of them get blown up or destroyed in spectacular and creative ways. What's better than that?

marks how the Aston can rip from 0-60 mph in 3.2 seconds, and how it has "a few little tricks up her sleeve."

We'll have to wait for the movie to see those tricks, but I'm guessing they're a grade up from the tricks found on the original Bond Aston Martin, that famous DB5 that Sean Connery's Bond received from Q

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# Oilers fail to tame Wild

NHL

Minnesota's pair of goals in third spoils Edmonton lead

Charlie Coyle scored for Minnesota midway through the third period, 43 seconds after Ryan Suter's second goal of the game thwarted Edmonton's rally, and the Wild hung on to beat the Oilers 4-3 on Tuesday night.

Darnell Nurse scored his first NHL goal soon after the second intermission, giving the Oilers the lead following a 2-0 deficit in the first period, but the Wild roared back against goalie Cam Talbot.

Suter knocked in a loose puck from the crease. Then Coyle crashed the net and tapped in the setup from Thomas Vanek, who had two assists and has at least one point in four straight games.

Taylor Hall had a goal and an assist for the Oilers, who fell to 3-7 under new coach Todd McLellan with 18-year-old Connor McDavid now headlining a lineup with four of the last six players taken with the first overall pick in the draft.

Hall scored, assisted by fellow former first overall draft picks

+

LATE WOES

The Oilers have been out-scored 13-6 in the third period this season.

TUESDAY In St. Paul

4

WILD

3

OILERS

Nail Yakupov and McDavid, in the first period to get the Oilers going. Then Iiro Pakarinen tied the game off a low-slot feed from Hall with a shot that grazed Wild defenceman Matthew Dumba's knee and changed direction before eluding Wild goalie Devan Dubnyk.

Nurse was just called up from the AHL, after playing six games for the Bakersfield Condors, to replace Justin Schultz, the team's ice-time leader, on an injury-laden defence. Nurse ripped a rocket of a slap shot past Dubnyk's glove, after the puck grazed the stick of Wild defenceman Jared Spurgeon, and the 20-year-old flashed a huge grin on his way to the bench.

The Wild were the ones smiling a few minutes later, on their way to a fourth straight win at home. The only other team in the league that hasn't lost on its own ice yet this season is Montreal.

Dubnyk, who's been bothered recently by a knee injury, made 22 saves against the team that drafted him in the first round in 2004. Dubnyk played five years for the Oilers until being traded.

Talbot stopped 24 shots.

Hall now has four goals and four assists in the last seven games. THE ASSOCIATED PRESS



The Wild's Marco Scandella, left, sends the Oilers' Benoit Pouliot to the ice on Tuesday night in St. Paul, Minn. JIM MONE/THE ASSOCIATED PRESS

NBA IN BRIEF

Bulls edge Cavaliers

Nikola Mirotic scored 19 points and Derrick Rose added 18 to lead the Chicago Bulls to a season-opening 97-95 victory over LeBron James and the Cleveland Cavaliers with U.S. President Barack Obama watching on Tuesday night.

Pau Gasol blocked a potential tying layup by James in the closing seconds. Jimmy Butler then broke up an inbound pass intended for James as time expired.

James scored 25 points and grabbed 10 rebounds for Cleveland, but the Cavaliers came up short against the team they knocked out in the conference semi-finals last season.

THE ASSOCIATED PRESS

Pistons hit the ground running by beating Hawks

Kentavious Caldwell-Pope scored 21 points to lead all five Detroit starters in double figures, carrying the Pistons to a surprising 106-94 victory over the Atlanta Hawks on Tuesday night and ruining the home opener of the team with the best record in the Eastern Conference last season.

The Pistons, who haven't had a winning season since 2008 and finished 28 games behind the Hawks a year ago, began to pull away just before halftime. They led by double figures through most of the final two quarters and held on despite missing 20 of their last 22 shots from the field.

THE ASSOCIATED PRESS



MLB WORLD SERIES OPENER

The Mets' Curtis Granderson hits a home run during Game 1 of the World Series on Tuesday night in Kansas City. Go to metronews.ca for the result of the game and more. CHARLIE RIEDEL/THE ASSOCIATED PRESS

IN BRIEF

Eskimos' Krausnick tells of battle with testicular cancer

Edmonton Eskimos lineman Alex Krausnick says he has battled testicular cancer and is urging other young men to be vigilant in checking for the disease as the new national spokesperson for Testicular Cancer Canada. Calgary native Krausnick, 26, broke his silence about his cancer in a statement released Tuesday. Krausnick said he received treatment after he noticed a pain in his testicles.

THE CANADIAN PRESS

Encarnacion goes under knife to repair hernia

Toronto Blue Jays slugger Edwin Encarnacion has undergone surgery to repair a sports hernia.

The team said in a release that the designated hitter/first baseman is expected to recover in time for spring training.

Encarnacion helped form one of the most feared batting orders during the regular season, belting 39 homers and driving in 111 runs.

THE CANADIAN PRESS

WOMEN'S SOCCER

U.S. goal machine Wambach to retire

Abby Wambach, the leading career scorer — male or female — in international soccer, announced her retirement on Tuesday shortly after the U.S. national team celebrated its Women's World Cup victory at the White House.

Wambach, 35, said before the World Cup this past summer in Canada that she wanted to cap her 15-year career with the game's most prestigious championship. She got her wish. Wambach, who grew up in Rochester, New York, has appeared in 252 international matches with 184 goals.

She will play the final four matches of the national team's 10-game victory tour before stepping away from the team. Her final match will be Dec. 16 against China in New Orleans. THE ASSOCIATED PRESS



Abby Wambach

GETTY IMAGES



## RECIPE Caprese Skillet Chicken



PHOTO: MAVA VINSKEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

A one-pot meal that combines the fresh flavours of the classic Italian dish.

**Ready in**  
Prep time: 10 minutes  
**Serves 4**

### Ingredients

- 6 large boneless, skinless chicken thighs
- Olive oil
- Salt and pepper
- 3/4 pound mini red, white and purple potatoes, halved or quartered if large
- 6-8 cherry tomatoes
- 1/4 cup bocconcini
- 8-10 basil leaves,

roughly chopped

### Directions

1. Preheat the oven to 400 F.
2. Rub the chicken thighs on both sides with olive oil and generously season with salt and pepper.
3. Heat large skillet over medium-high heat. Add the chicken, cover and cook until it browns on one side, about 3 minutes. Turn the chicken; add the potatoes. Allow the chicken to cook another 3 minutes to brown then add the cherry tomatoes; transfer to oven and roast, uncovered, until chicken and potatoes are cooked, about 20 minutes.
4. Remove skillet from pan and toss in cheese and garnish with basil.

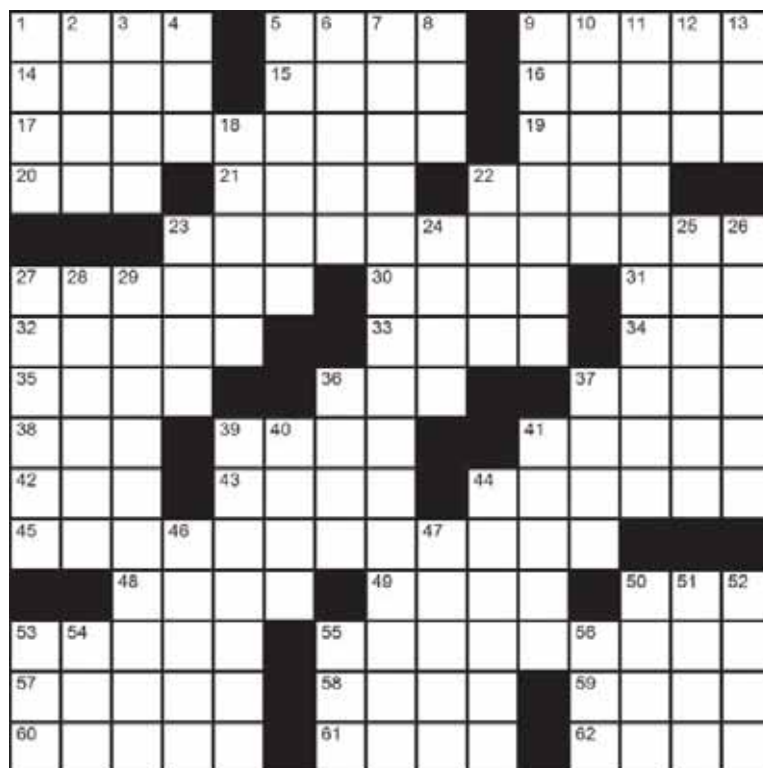
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Scoff
5. Damage
9. City in Iraq
14. Take apart
15. Rhyme scheme
16. Savoury gelatin
17. Tlaloc = Aztec
19. Providence, \_\_\_ Island
20. Mr. Stallone, to pals
21. Comes with it, for short
22. Long journey
23. Canadian made products by based-in-Prince-Edward-Island company Paderno: 2 wds.
27. A bit like Caesar or Ovid or Nero
30. Botanical leaf-to-stem angle
31. Honor vs Honour ...the difference is that the first spelling has \_\_\_ in it
32. Energy company based in Halifax
33. Litter barks
34. What the person at #48-Across did
35. Animal docs
36. MTV hosts
37. Campus mil. program in The States
38. 'Carot' completer
39. Stead
41. Racecar driver Mr. Franchitti
42. \_\_\_ de Janeiro
43. Fifty-fifty
44. "Love Me \_\_\_" by Elvis Presley
45. Nature lover's



- activity: 2 wds.  
48. "The gold goes to ...mel!"; 2 wds.  
49. Tribe on the very first "Survivor"  
50. Flight watchdog org. in The States  
53. Computer's chomps?

55. Count Dracula's fang imprints: 2 wds.  
57. English dramatist, George \_\_\_ (Contemporary of William Shakespeare)  
58. Peaty place  
59. Garlands of Hawaii

60. Boat poles  
61. Auberges  
62. Dispatched

### DOWN

1. Water holders  
2. Organic compound  
3. Country singer

- Mr. Arnold  
4. Aussie hopper  
5. Canadian cellist Ofra  
6. Sternward  
7. As per transportation, Justin Bieber's Ontario hometown of Stratford originally served as a

- what?: 2 wds.  
8. Guy  
9. Casks  
10. "Angela's \_\_\_" (1999)  
11. Creative outlet allowing a poet to perform: 2 wds.  
12. Empty  
13. First-rate  
18. Ms. Reid of "King of Kensington"  
22. Stumble  
23. "You Might Think" band, with The  
24. Allies foe in WWII  
25. Natalie's best friend on "The Facts of Life"  
26. Calgary-based energy company  
27. Rock guitarist's effect  
28. 666 sequel, "Damen: \_\_\_" (1978)  
29. Crater forming masses from outer space  
36. Depilatory brand  
37. Called  
39. Comedian Jerry, and surnamesakes  
40. \_\_\_ the Terrible  
41. Casual material  
44. Big cats  
46. Brooded  
47. "You Can Leave Your \_\_\_" by Joe Cocker  
50. Costless  
51. Similar  
52. Helper, for short  
53. Music pace in 60 seconds [acronym]  
54. Uh-huh, fancy-style  
55. Dieter's stat.  
56. Mr. Pacino's

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Don't get involved in a quarrel that is none of your business. You cannot resolve it and there is a strong chance the opposing parties will get together and end up taking it out on you.

**Taurus** April 21 - May 21  
Why do you care so much what other people say about you? It's not like you to seek approval but you are craving the support of partners and colleagues at the moment. Just be careful you don't pay too much for it.

**Gemini** May 22 - June 21  
You will have to admit that you have been aiming too high. No matter, it's not the end of the world. Even Geminis get it wrong sometimes.

**Cancer** June 22 - July 23  
Your confidence is high but don't let that lull you into a false sense of security. It would be nice to believe that the world consists only of generous, compassionate people but you know it's not true. Watch your back.

**Leo** July 24 - Aug. 23  
You are finding it hard to hide your anxieties, but why would you want to when there are people you can turn to for advice and support? You don't have to face each and every situation alone.

**Virgo** Aug. 24 - Sept. 23  
Don't be taken in by someone's tale of woe. Deep down you know it is a load of rubbish. Give advice if it is asked for but keep your money.

**Libra** Sept. 24 - Oct. 23  
Your number one aim is to make money. Over the next two or three days you will get the chance to earn some big bucks but you have got to stay focused.

**Scorpio** Oct. 24 - Nov. 22  
You may be right to be angry with someone who has let you down but don't make a big issue of it. Let them know you are not amused, then let it go. Whatever you lost you will soon find something better to replace it.

**Sagittarius** Nov. 23 - Dec. 21  
Your confidence may be low but this is a passing phase, so don't get despondent. If you don't feel like being social, that's OK — find a quiet place you can be alone with your thoughts.

**Capricorn** Dec. 22 - Jan. 20  
You have a mind of your own and if you are smart you will use it today. If you follow the crowd you could end up some place you did not want to go.

**Aquarius** Jan. 21 - Feb. 19  
The Sun in Scorpio at this time of year can either make or break your reputation, depending on how focused and hard-working you choose to be. There will be time for fun and games later — get serious for now.

**Pisces** Feb. 20 - March 20  
Anything that sounds too good to be true is most likely a trick to part you from your hard-earned cash. You are too intelligent to fall for it, but watch out for friends and loved ones too.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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